

# HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

**MARCH 2019**

Vol. IX Issue III

**“We Know Health Matters”**,  
CHD’s show on Citicable,  
Time Warner Ch. 23.

## Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to  
share in the newsletter please send  
information to Marla Fuller at  
[marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

CHD= Cincinnati Health  
Department



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## What You Need to Know About Communicable Disease Outbreaks

CHD has been monitoring outbreaks across the county of several vaccine-preventable illnesses. In the U.S., vaccines have greatly reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause these diseases still exist and you can still get these diseases if you aren’t vaccinated.

When a large percentage of the population is vaccinated, the spread of disease is limited. This indirectly protects unimmunized individuals, including those who can’t be vaccinated and those for whom vaccination was not successful. This is known as herd immunity. As the number of those vaccinated increases, the protection of herd immunity increases. Depending on the contagiousness of the disease, vaccination rates may need to be as high as 80-95%. When vaccination rates fall, the protective effect of herd immunity lessens and can lead to outbreaks. We have seen several outbreaks of Measles across the country, and there have been cases of pertussis in Cincinnati.

### Measles

Measles starts with fever, runny nose, cough, red eyes, and sore throat. It’s followed by a rash that spreads over the body. Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR vaccine for best protection.

### Pertussis

Pertussis, or whooping cough, is known for uncontrollable, violent coughing which often makes it hard to breathe. After a coughing fit, someone with pertussis often needs to take deep breaths, which result in a “whooping” sound. Pertussis spreads easily and can last up to 10 weeks or more.

Pertussis can affect people of all ages, but in infants and young children, the disease can be quite severe, even deadly—especially in babies younger than 6 months of age. The DTaP vaccine for babies and young children, and the Tdap vaccine for preteens, teens, and adults — including pregnant women — help prevent this potentially life threatening illness. Protect your family—and our community—against whooping cough. Talk to your doctor about getting yourself and your children vaccinated.



During National Nutrition Month, I want to highlight the food and nutrition expertise available in Cincinnati, offered to clients of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) by 19 Registered Dietitians who serve the community through our 10 WIC locations offered throughout the city.

WIC is a federally funded program generally available to low-income individuals and families who are at or below 185 percent of the federal poverty level. Among other services, WIC provides supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to five years of age who are at nutritional risk.

Our WIC nutritionists are educated, trained, and trusted experts committed to improving the health of their clients and communities through food and nutrition. One of our foremost goals is to ensure that all Cincinnati children have access to the nutritious foods they need to get a good start in life.

WIC clients receive vouchers to buy healthy foods from WIC-authorized vendors. In addition, they receive education on the importance of making informed food choices and developing sound eating and physical activity habits. WIC clients also receive support and information about breastfeeding and help in finding health care and other community services.

The Cincinnati WIC Program serves approximately 15,000 women, infants and children as part of its mission to optimize health outcomes through food and nutrition education. Studies have shown that the WIC Program has played a significant role in improving birth outcomes and containing health care costs. WIC has resulted in longer pregnancies, fewer premature births and infant deaths, a greater likelihood of receiving prenatal care.

Throughout the year, the WIC Program strives to communicate healthy eating messages that emphasize a balance of food and beverages to provide the body what it needs. Most favorite foods can fit within this pattern if eaten in moderation with appropriate portion size and physical activity. Remember that maintaining good health is not about a specific food, meal, or time of year, rather, a life-long balance of healthy behaviors that leaves plenty of time for the foods and activities we love.

### Events & Shout Outs!

#### CHD Welcomes New Hires

##### **January 13, 2019**

**Lisa McGiveron** - Sanitarian, Environmental

##### **January 27, 2019**

**Anna Benjamin** - Medical Assistant, School and Adolescent Health

**Stephanie Green** - PHN2, School and Adolescent Health

**Catherine Lanzillotta** - PHN2, School and Adolescent Health

**Jillian Magner** - Nurse Practitioner, School and Adolescent Health

**Sarah Roberts** - Optometrist, School and Adolescent Health

**Fernando Rico-Alarcon** - PHN 2, School and Adolescent Health

##### **February 10, 2019**

**Teminijesu Ige** - Public Health Educator, Health Promotions/Worksite Wellness

**Jasmine Taylor** - Optometric Technician, School and Adolescent Health

##### **February 24, 2019**

**Lakisha Sanders** - Medical Assistant, CCPC

Community Health Improvement Plan (CHIP) Employee Strategic Planning Meeting 2:00—3:30 pm. —3101 Burnet Avenue, Delores L. Bowen Auditorium

Tuesday, March 12—Xavier University Students Host Community Health Fair, 10:00 a.m.—4:00 p.m. Madisonville Recreation Center

Saturday, March 16—Why Are Black Men Dying Part 2, Emotional Health & Well-being conference, 10:00 a.m.—2:00 p.m., Cincinnati Children's MERC Auditorium

Tuesday, March 19—Cincinnati Community Health Improvement Plan (CHIP) Kick Off Meeting, 9:00 a.m.—12:00 p.m. Register at <http://tinyurl.com/CincyCHIP>

**CHD kicks butts on March 20, 2019**

Kick Butts Day on March 20 is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. On this day, teachers and health advocates across the nation work with youth to set up events that raise awareness of tobacco use within their community, encourage kids to stay away from tobacco, and to bring awareness to elected officials who can take actions to protect children from tobacco products. The goal is to reduce death and disease associated with tobacco, to save lives by advocating for policies that can prevent children from smoking, to protect individuals from the harms of secondhand smoke, and to help those who do currently smoke in quitting.

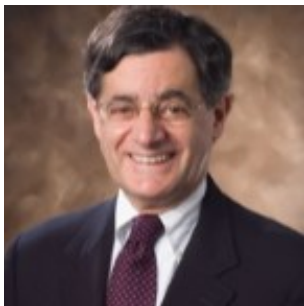
**Do you want to stop smoking but do not know how to get started? We can help!**

Smoking is one of the leading causes of preventable death in the United States. More than 480,000 people die from tobacco use and secondhand smoke every year. Data shows that 95% of smokers begin smoking before age 21. To fight this high number, the Cincinnati City Council has passed the Tobacco 21 ordinance. This new rule raises the legal age to buy tobacco products from 18 to 21. To spread the word about this new law, the Cincinnati Health department will provide community education on how it will help lower youth access to tobacco products. This new regulation will be in full effect by December 1, 2019.

Nicotine, one of the main ingredients in tobacco, is the reason quitting is so tough. Research has shown that nicotine may be as addictive as heroin or alcohol. The symptoms of nicotine withdrawal can include: increased hunger and cravings, feeling irritable or nervous, and weight gain. These symptoms make it very hard for people to stop smoking. It takes the average person 9 attempts to quit for good. While it is hard to quit, the health benefits are worth it! Quitting smoking can lower your risk of lung cancer, heart disease, and stroke. Breathing problems, such as coughing and wheezing can also be reduced.

There are different types of programs available to help you quit smoking. There is a national quit line, 1-800-QUIT-NOW (1-800-784-8669), that offers over-the-phone support to all who call. The phone lines are staffed by skilled coaches who offer counseling and advice by creating a personalized quit plan, providing free or discounted medications (if applicable), and referrals to other resources. Also, the health centers have smoking cessation services for those interested in quitting. Pharmacists are available for face-to-face appointments to help you stop smoking. These visits are free of charge and we can work with your doctor to prescribe medications that can help you be successful.

If you or someone you know is trying to quit smoking please contact 1-800-QUIT-NOW or your local health center to find out how to get started today! We hope to end smoking in Cincinnati so that we can breathe and live happily!

**A Message from the Board of Health**

Phil Lichtenstein, MD  
Board Chair

I'm pleased to welcome Ronald Robinson as our new Division Manager of Finance after the Board unanimously voted to approve his hiring. Mr. Robinson previously served terms as the Vice Chair of the Board of Health, and also as the Chair of the Finance Subcommittee for the Board of Health. Robinson was instrumental in setting strategic vision and managing budget operations for the Health Department.

Ronald Robinson is a skilled financial analyst with over 25 years of healthcare, private sector, and consulting experience. Mr. Robinson's extensive knowledge will certainly be well utilized as we face several structural changes to the health department's budget beginning next fiscal year.

The Board looks forward to him joining the health department now as an employee, and building on its long and distinguished history of providing high quality health services to the citizens of Cincinnati.





## What to do if your child gets sick with the flu



The timing of flu is unpredictable and can vary in different parts of the country and from season to season. Seasonal flu viruses can be detected year-round; however, seasonal flu activity often begins as early as October and November and can continue to occur as late as May. Flu activity most commonly peaks in the United States between December and February. Children younger than five years old have a greater chance of having problems with the flu. Children with a long term condition such as asthma and diabetes are also more likely to have severe problems if they get the flu. If your child is younger than five years of age, or of any age with a long-term health condition, and develops flu-like symptoms they're at risk for serious complications from the flu.

To reduce the spread of the flu, keep you sick child at home until at least 24 hours after their fever is gone, except to get medical care. Children can go back to school 24 hours after their fever is gone WITHOUT the use of medicine that lowers fevers.

Here are simple tips to care for your sick child:

Make sure your child gets plenty of rest and drinks a lot of clear fluids such as water, broth, sports drinks, and electrolyte beverages for infants (Pedialyte) to prevent dehydration.

- Keep your sick child in a separate room in the house as much as possible to limit contact with healthy household members.
- Do not allow your child to share food or drinks with others.
- Try to have one person as the main caregiver for the sick child. If possible, the caregiver should be someone who is not at high risk for severe flu, such as pregnant women or people with health conditions like asthma.

## CHD Honors Long Term Employees and Retirees

CHD realizes that our employees are our greatest asset, and we are delighted to honor their dedicated service and commitment to this organization. That's why on February 26, 2019, the CHD Labor Management Committee (LMC) held another Employee Recognition Ceremony which took place during the monthly Board of Health (BOH) meeting.

This recognition was initiated by the LMC in order to honor and thank the devoted and valued employees for their tremendous contributions to the City of Cincinnati and the Cincinnati Health Department for their 20-35 years of service. They are valued members of our team and their continued contributions are vital for us to continue to be successful in meeting our stated Mission, Vision and Values. All of our organizational achievements are made possible because of their individual efforts as well as the efforts of their team members.



### 30+ YEARS

KAREN FLOWERS  
PAMELA FANON

SECRETARY, FISCAL  
CUSTOMER SERVICE REP., ENVIRONMENTAL HEALTH

30 YEARS  
30 YEARS

### 25+ YEARS

SANDRA LOYD  
ANTONIO YOUNG  
JACKIE SILAS  
JOHN DUNHAM

MEDICAL ASSISTANT, WIC  
DIRECTOR, ENVIRONMENTAL HEALTH  
INTERIM NURSE SUPERVISOR, ADMINISTRATION  
COMMUNICABLE DISEASE

25 YEARS  
25 YEARS  
25 YEARS  
25 YEARS

### RETIREES

LARRY FLOREA  
SANDRA LOYD  
DEBORAH MURPHY  
STEVE ENGLENDER, MD

SUPERVISING SANITARIAN, ENVIRONMENTAL HEALTH  
MEDICAL ASSISTANT, WIC  
TYPIST, WIC  
DIRECTOR, CENTER FOR PUBLIC HEALTH PREPAREDNESS

33 YEARS  
25 YEARS  
22 YEARS  
14 YEARS

## Spring rains considered during Flood Safety Awareness Week, March 11-15, 2019

Floods, big or small, can have devastating effects on your home and your family. According to the National Weather Service, flooding causes millions of dollars in damage each year. You can take steps to reduce the harm caused by flooding. Learn how to prepare for a flood, stay safe during a flood, and protect your health when you return home after a flood. In recognition of Flood Safety Week, March 19-25, 2017, CHD wants to help you be prepared for when heavy or steady rains that saturate the ground cause rapidly rising water and threaten flash floods along waterways and low-lying areas. In the Spring, heavy rainfall causes the Ohio River and its tributaries to overflow causing damage to housing, roads and property. Slipping hillsides are also a concern in inclement weather.

Now is the time to create a disaster kit and an alternative evacuation plan should areas around your home become flooded. You should have the following supplies packed and ready to go in case you need to evacuate your home:

- Water -- at least a 3-day supply; one gallon per person per day
- Food -- at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- First Aid kit
- Extra batteries
- Medications and medical items and/or prescriptions
- Copies of personal documents
- Cell phone with chargers
- Emergency blankets
- Extra cash



## National Poison Prevention Week is March 17-23

It only takes a second for someone, especially a young child, to fall victim to an unintentional poisoning. While poison is the #1 cause of injury-related death in the United States, many poisonings are preventable and help is only a phone call away.

The old adage, “an ounce of prevention is worth a pound of cure” is a reminder to put potentially harmful cleaning products and medicines out of the reach of children. Many cleaning products are packaged in ways resembling familiar things. Brightly

colored laundry and dishwashing packets which are squishy and fit into a small mouth could be mistaken for a pacifier to a toddler. And, while most poisonings are from swallowing a substance, people are also exposed through the skin, eyes and lungs.

A few simple tips can keep families safe as they begin spring cleaning and moving outside to enjoy warmer weather. Keep products in their original packaging. The label often includes any product use warnings and remedies if misused. Never mix cleaning products -- doing so, can create harmful gases that can irritate the lungs and sinuses.

Discard old medicines and other outdated products. Pesticide labels contain instructions for the safe handling of the product. Be sure to follow directions carefully to avoid potential harm to yourself or others.

The nationwide Poison Help hotline at 1-800-222-1222 provides free, confidential, expert medical advice 24 hours a day, seven days a week from toxicology specialists including nurses, pharmacists, physicians and poison information providers. Poison centers are your first resource for advice and help in the event of an actual or suspected poisoning. The toll-free number connects callers to their local poison center. Be sure to program the number into your phone and post the phone number throughout your house – in the medicine cabinet, in the kitchen and wherever you store household cleaning or yard supplies.

## CHD CONGRATULATES NANCY CARTER, MARCH 2019 EMPLOYEE OF THE MONTH

Big shout out and congratulations to Nancy Carter, RDH, MPH, for being the Employee of the Month for March 2019! Ms. Carter has had a long and successful career at CHD. She started here in 1983 as the Assistant Dental Director. In 2008, she was promoted to the Associate Dental Director, Office of Community Oral Health Programs within the Cincinnati Health Department.



During Nancy's tenure, she has helped develop and implement community-wide programs directed to dental education, prevention of disease, and increasing access to dental services for children, the elderly, low-income, chronically ill, and disabled. Under Ms. Carter's leadership, CHD has expanded its dental services from five to nine sites. She's also driven the increase of the availability of dental care in the areas of emergency services and access to basic dental services for school-aged children.

The Cincinnati Health Department operates five dental centers, one school-based dental center and provides services on behalf of the thousands of community members without dental insurance. Carter oversees all aspects of the dental operations.

Ms. Carter has worked tirelessly for years to improve the oral care of children and adults in Cincinnati. She has been instrumental in helping with the "Children's Specialty Dental Care" and "Leave No Vet Behind" programs.

"Although I've only worked with Ms. Carter for three years, I've consistently been impressed by her work ethic, productivity and accomplishments, as well as her obvious commitment to public health, the dental staff and CHD patients," stated Marla Hurston Fuller, Director, Communications & Governmental Relations and award nominator for Ms. Carter. "Ms. Carter is always shy about being in the spotlight but she is the first to sing the praises of others," Fuller emphasized.

Fuller further expressed the reason she felt Ms. Carter was a perfect award recipient, stating, "She has what it takes to achieve greatness in whatever she pursues and I'm delighted she chose public health decades ago – an area where so many of our oral health disparities abound and need the passion and hard work of people like her. Because of her, our program, our (public health) profession, and most importantly the children and communities she serves are positively impacted."

Yury Gonzales, MD, Medical Director, CHD expressed his thoughts on Ms. Carter saying, "She has a deep-seated passion to serve the underserved, a vision and plan to go out and make a difference in the community, and actually deliver and execute that plan. Ms. Carter is a rare find. She is the type of individual that sets high goals and expectations for herself and follows through on achieving them. She is all about action, a do-er, and a natural leader."

"Seeing Ms. Carter in direct interaction with the dental staff is most gratifying. She has this nurturing and supportive presence that seems to engage them effectively – a quality that well serves our organization and patients, both adult and pediatric alike," explained Dr. Gonzales.

She was named a Cincinnati Business Courier Health Care Hero Finalist, and received the HealthPath Foundation of Ohio Community Connector award and the distinguished 2018 Jack W. Gottschalk, D.D.S Notable Service Award presented by The Cincinnati Dental Society's Oral Health Foundation

Ms. Carter is a registered dental hygienist and holds a Master's degree in public health from the University of Michigan, a Bachelor's degree from the University of Kentucky, and an Associate's degree from The University of Cincinnati.



### Do you follow CHD on social media?

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